

| 2 DAY COLONOSCOPY PREPARATION: MAG CITRATE AND MIRALAX | | | |
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| PLEASE PURCHASE | <ul style="list-style-type: none"> • Over the counter at local pharmacy <ul style="list-style-type: none"> ○ Dulcolax (bisacodyl) 5 mg pills (need 6 pills total) ○ Magnesium citrate 10 oz bottle ○ Miralax 238 gram bottle ○ Gatorade - two 32 oz bottles (No Red, Purple or Orange Color) | | |
| 7 DAYS BEFORE | <ul style="list-style-type: none"> • Stop fiber supplements and iron supplements, including multivitamins | | |
| 4 DAYS BEFORE | <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; vertical-align: top;"> <p>Begin a LOW FIBER Diet including:</p> <ul style="list-style-type: none"> • White or sour dough bread • White Rice, Pasta • Eggs, Chicken, Turkey, Fish • Cheese, Yogurt, Milk, Ice Cream, Pudding • Canned or cooked fruit/vegetables without skin or peel (carrots, cucumbers, potatoes) • Pureed fruits/vegetables (smoothies, strained puree soups) • Creamy peanut or almond butter </td> <td style="width: 50%; vertical-align: top;"> <p>High Fiber Foods to AVOID:</p> <ul style="list-style-type: none"> • Raw fruits/vegetables with seeds, skin, membranes • Cooked/canned fruit/vegetables with skin/seeds/peel • Whole wheat or multigrain bread or crackers • Nuts, Seeds • Popcorn • Oatmeal, bran cereal • Brown rice, quinoa </td> </tr> </table> | <p>Begin a LOW FIBER Diet including:</p> <ul style="list-style-type: none"> • White or sour dough bread • White Rice, Pasta • Eggs, Chicken, Turkey, Fish • Cheese, Yogurt, Milk, Ice Cream, Pudding • Canned or cooked fruit/vegetables without skin or peel (carrots, cucumbers, potatoes) • Pureed fruits/vegetables (smoothies, strained puree soups) • Creamy peanut or almond butter | <p>High Fiber Foods to AVOID:</p> <ul style="list-style-type: none"> • Raw fruits/vegetables with seeds, skin, membranes • Cooked/canned fruit/vegetables with skin/seeds/peel • Whole wheat or multigrain bread or crackers • Nuts, Seeds • Popcorn • Oatmeal, bran cereal • Brown rice, quinoa |
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| 3 DAYS BEFORE | <ul style="list-style-type: none"> • Continue LOW FIBER Diet • Avoid solid foods after midnight | | |
| 2 DAYS BEFORE | <ul style="list-style-type: none"> • Begin FULL LIQUID Diet: <ul style="list-style-type: none"> ○ Smoothies ○ Pureed soups ○ Milk and milk products (yogurt without fruit, pudding, ice cream, sherbet) ○ Clear liquids (see list under “1 day before”) • 6PM: Take Dulcolax 3 tablets with sips of water • 7PM: Take Magnesium Citrate <ul style="list-style-type: none"> ○ Drink the 10 oz bottle of magnesium citrate ○ Next drink at least three 8 oz glasses of water or other clear liquid ○ Drink ALL of this liquid within an hour | | |
| 1 DAY BEFORE | <ul style="list-style-type: none"> • MORNING: Start a CLEAR LIQUID diet <ul style="list-style-type: none"> ○ Apple, White Grape, White Cranberry Juices without Pulp ○ Clear Soup/Broth ○ Tea or Black coffee (no milk/creamer) ○ Gatorade/Powerade (no red, purple or orange color) ○ Jello (no red, purple, or orange color) ○ Popsicles (no red, purple, or orange color) • 6PM: Take Dulcolax 3 tablets with sips of water • 7PM: <ul style="list-style-type: none"> ○ Pour half of the Miralax into one Gatorade bottle and half into the second Gatorade bottle; shake until dissolved | | |

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| | <ul style="list-style-type: none"> ○ Drink one 32 oz bottle, a cup every 15 minutes until completed ○ Put the second 32 oz bottle in the refrigerator ● Bowel movements should begin 1-2 hours after starting the Miralax/Gatorade mix but the effect can be delayed by up to 4-6 hours |
| DAY OF COLONOSCOPY | |
| 5 HOURS BEFORE | <ul style="list-style-type: none"> ● Drink the second 32 oz bottle of Miralax/Gatorade <ul style="list-style-type: none"> ○ A cup every 15 minutes until completed ● By the end of the cleanse your stool should be a clear liquid with yellow or green tinge |
| 3 HOURS BEFORE | <ul style="list-style-type: none"> ● Stop drinking/eating clear liquids ● Do not chew gum or mints ● Take regular medications with a small sip of water the morning of your procedure unless otherwise instructed by your physician |
| 30 MIN BEFORE | <ul style="list-style-type: none"> ● Arrive at endoscopy suite 30 MIN PRE PROCEDURE (no later) ● Bring list of current medications including doses ● Bring a Photo ID and Insurance Card ● Bring any applicable Referrals ● Please do not bring any valuables |
| GENERAL INSTRUCTIONS: | |
| URINE PREGNANCY TESTING | <ul style="list-style-type: none"> ● If you are a premenopausal woman, you will need to submit a urine sample upon office check in |
| IF YOU HAVE DIABETES | <ul style="list-style-type: none"> ● Contact your primary care doctor or endocrinologist for instructions regarding your medications |
| IF YOU TAKE MEDICATION TO THIN YOUR BLOOD | <ul style="list-style-type: none"> ● Contact your gastroenterologist for further instructions at (212) 427-8761 ● Medications include but are not limited to: <ul style="list-style-type: none"> ○ Heparin, Lovenox, Warfarin (Coumadin), Rivaroxaban (Xarelto), Apixaban (Eliquis), Edoxaban (Lixiana, Savaysa), Betrixaban (Bevyxxa), Clopidigrel (Plavix), Prasugrel (Effient), Brilinta (Ticagrelor) |
| IF YOU TAKE WEIGHT LOSS MEDICATIONS | <ul style="list-style-type: none"> ● Alert your GI provider to discuss holding your medication(s) prior to your procedure |
| IF YOU TAKE ASPIRIN OR BLOOD PRESSURE MEDICATIONS | <ul style="list-style-type: none"> ● You may continue to take these medications |
| ESCORT | <ul style="list-style-type: none"> ● Please ensure that you have an escort (responsible adult over the age of 18) to pick you up at the end of the procedure |